

Week 7 Video 10 The Slingshot For Cravings

This is a wonderful short simple technique that you can use in group sessions and it's tremendous. You can also use it in individual sessions. Somebody taught me this technique about 15 years ago, and at that time, I was craving chocolate. In fact, specifically, Hershey bars with almonds and every day I would get a Hershey bar with almonds. Well, I didn't need it. I was emotionally eating, I was going through an awful divorce and going through so much emotional stuff but I had my Hershey bar with almonds and then sometimes I'd even get a big Hershey bar with almonds. So when this person used this technique on me I thought, "Nah, I don't really believe it but let me go through it and see what happens." Well, I haven't had a Hershey bar with almonds in 15 years. So this technique works.

The purpose of the technique is to change how we feel about a particular food, to change how it looks in our mind, to change the location, to change the color because when we change all of this stuff in our mind, it changes our perception. It's kind of like when you change the paint color in a room or move the sofa into another location. It feels different, and so if I'm walking and if I'm in the supermarket and I go by the candy and I just notice those Hershey bars, it feels different to me. Those cravings no longer control me. It allows me to be able to control of the cravings. If doesn't mean that I'm going to hate the food, it just means that it's just "Uh, I can go by it."

So I'm going to do it with you and I'm going to ask you to think about something that you crave or you've had cravings before and just kind of go with me on this.

So right now, think of this item and close your eyes. And I'd like you to imagine it right in front of you and just notice it. Notice the color, notice the texture. It's so close you could touch it, maybe pick it up, bring it your nose, take a deep breath. Notice how appealing it is, how much you would just love to bite into this, notice that you are just craving that feeling on your tongue, in your mouth. And as it's here right in front of you, on the count of three, follow my instructions. One, two, three – turn that item solid dull black. Notice the color now. It's a dull black color. Is it appealing? Do you want to put this in your mouth now? You're probably shaking your head.

Now, take this and on the count of three, follow my instructions. Take this black image and I want you to flatten it and put it on a big poster board like a big black and white photograph and notice this, would you like to bite into this right now? Is it appealing to you? You're probably shaking your head. You're doing great.

Now in a moment, one, two, three, I want you to shrink that poster board down to the size of a little postage stamp. And there is that image right there on that little postage stamp, and is it appealing? Do you want to put it in your mouth? Do you want to taste it? Ooh, probably not.

And so right next to you, you notice there's a very large slingshot. It's this amazing super powered magical slingshot and right next to that slingshot is a big marble. Pick up the marble, take this postage stamp with the image and I want you to just put on the marble, rub it so it stays there, so it's really stuck there. And now, pick up that slingshot in one of your hands, place the marble inside the elastic of the slingshot and I want you to turn around and go into the opposite direction and aim this slingshot way, way up into the universe. Okay. In a moment, I'm going to count from one to five and you're going to pull back on that elastic using all of your muscles and all your might and you're going to send this marble way up into the universe. So get ready, I'm going to count now. One, pulling that elastic back really hard. Two, using even more of your muscles. Three, all of your strength. Four, really pulling back. Five, let it go – whoosh -- watch as it goes all the way up to the sky. Keep your eye on it. Just keep looking and looking as it goes higher and higher, higher and higher, it's getting tinier and tinier, tinier and tinier, and when it disappears out of the horizon of your mind, open your eyes and come on back into the room. Good.

And now, I'd like you, in a moment, to close your eyes and follow my instructions again. One, two, three, close your eyes. I want you to do your best to get that image back up in front of you and notice what you notice.

Now, some people notice that it's hard to bring it back. Some people notice it might be dull black. Some people will notice that it's maybe even in a different location. I don't know what you're noticing, but when you ask your client to bring it back, you ask them "What do you notice about that?" And if they say, it's identical, which I've never had anybody say that, many people say it's really hard to get it back. It just doesn't look the same or seem the same, then do this process again. If they say, "Uh, it's just so unappealing, I don't even want to focus on it." Then you're done.

I did this with the weight loss group and just last summer, I saw one of my graduates from the weight loss group and she was in the supermarket at the end of the aisle, and she goes like this, and I'm thinking "What is she doing?" So she comes up to me, she said, "Three years, no M&M's." Well, that's what she had at her desk every day and that's all she had to say. We had a big laugh and she's also a certified hypnotherapist, so she uses this technique in addition.

And just to remind you that when we're doing these, just the daily habits, it's not enough. We have to address the emotional stuff and that's where that ego strengthening comes in.

Have fun with weight loss and there are a million ways to help clients with weight loss and I've only given you a few and over time, you're going to create your own really awesome ways of helping yourself and helping others.

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